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Role of Health Education in Enhancing Quality of Life: A Study on the Transgender community.

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Abstract:

Health education has played an important part in promoting general wellness, particularly for transgender people, as it influences their behavior. Due to societal stigma and discrimination, transgender people experience multiple physical problems which also impact their state of mind. When it comes to healthcare, transgender individuals typically confront major obstacles. Health education is an instrument for improving health status of transgender people and promoting awareness regarding medical services. It is necessary to raise their knowledge in order to break down the barriers caused by the health issues in their communities. Health care programs for transgender individuals also require access to knowledge and understanding. The only thing that can truly reduce barriers to health and improve the quality of life for transgender individuals is health education. Health education improves transgender people's quality of life by helping them understand their health-related difficulties better. The importance of health education in improving their quality of life was primarily addressed here. This paper mainly focused on the role of Health education in enhancing quality of life with special reference to Transgender community.

Key words: *Health Education, Transgender, Health, Health Care.*

Introduction:

March 31 is set aside to honor the transgender community and bring attention to the global prejudice that this community faces. We commemorate this unique day as International Transgender Day. Gender identity is more complex than simply identifying as "man" or "woman." Being transgender involves identifying with a gender other than the one that was biologically assigned to you based on your sex. For instance, a transgender man was assigned female at birth, while a transgender woman was assigned male at birth. The term "transgender" refers to a broad category of people whose gender identification or expression deviates from the gender that is culturally attributed to their assigned birth sex. According to the 2011 census, there were 480,000 Trans people in the country; however, research indicates the figure is significantly underrepresented and that 1.5 million may be a more realistic estimate (Mugloo et.al, 2023).

In transgender populations, stigma is a major contributor to poor health since it directly increases stress, which is a major cause of illness and mortality, and indirectly reduces access to resources that can protect health (e.g. information, money, power). Transgender stigma affects a variety of health outcomes by acting upon a number of risk factors. In fact, transgender people experience disparities in employment, healthcare, and housing when compared to cisgender (non-transgender) people. These are basic resources that, when restricted, are linked to poor health in transgender communities (e.g., depression, suicidality, conditions requiring emergency care). Interpersonal

and structural stigma is implicated in these disparities. It is necessary to raise their knowledge in order to break down the barriers caused by the health issues in their communities. Health care programs for transgender individuals also require access to knowledge and understanding. The only thing that can truly reduce barriers to health and improve the quality of life for transgender individuals is health education. In order to protect transgender people's rights in employment, education, and healthcare, the Indian government passed the Transgender Persons (Protection of Rights Act, 2019).

Objective of the Study: To discuss about the importance of health education in improving transgender people's quality of life.

Database and Methodology: The present study used the descriptive approach to analyze the study's findings. Basically, secondary data from multiple journals, research papers, websites, books, and other sources was used to compile this.

Discussion and Analysis:

It is strange that, despite transgender people's high regard for themselves in Indian epics and scriptures such as the Vedas, Puranas, and Upanishads, they are sharply marginalized in modern culture. Transgender individuals face peculiar treatment from the general public in the modern world due to a lack of understanding and education. They are occasionally led astray toward prostitution, begging, or other bad behaviors by members of their own community. It has been scientifically proven that the gender mismatch that transgender people experience causes them to feel internally discordant and mentally disorganized. This can be somewhat alleviated by recognizing and treating them on an equal footing with the other members of society. The ability to overcome obstacles and problems in one's surroundings is shaped by one's self-concept and self-esteem, which nourish a healthy lifestyle. The transgender person's sense of self is badly impacted by the neglectful actions of the greater society. Their health is adversely affected by it as well. In addition, they must be conscious of the issues pertaining to their health. Educators, legislators, social reformers, and other stakeholders must raise awareness of transgender health and related issues from the outset in order to support the overall growth of the transgender population. The transgender people need health education to increase understanding of health-related issues.

Boosting health knowledge, attitudes, skills, and behavior can be achieved through a comprehensive approach called health education. To positively encourage healthy behavior in both individuals and communities is the aim of health education. Downie, Fyfe, & Tannahill (1994) offer a broader definition of health education as a "communication activity aimed at enhancing positive health and preventing or diminishing ill- health in individuals and groups, through influencing the beliefs, attitudes, and behavior of those with power and the community at large" (Teijlinge,2021). Similarly, Green and Kreuter (2005) define health education as "any planned combination of learning experiences designed to predispose, enable, reinforce voluntary behavior conducive to health in individuals, groups or communities" (Teijlinge, 2021).

Health and Medical Issues:

People who identify as transgender frequently face discrimination from their families, abandonment after leaving school, and lack of family support. Many people see transgender people as aberrant or deviant, and they frequently experience emotional and physical abuse, including sexual assault. Due to legal recognition issues or fear of reprisals, many events remain unreported. As a result, they typically turn to sex work or begging for money. Due to their apparent involvement in prostitution, whether done consciously or not, transgender people are at risk in many aspects of health and medical care. This puts them at a heightened risk of contracting HIV and other sexually transmitted infections. The group experiences numerous psycho-somatic disorders in addition to being treated awkwardly and being marginalized in society at large. Due to a lack of appropriate knowledge and instruction, the transgender population faces numerous serious health-related effects. Transgender persons occasionally experienced prejudice in the healthcare sector as a result of society's stereotype mentality. Due to the fact that transgender people do not fit

into standard gender roles, accessing healthcare services, even for simple conditions, can be traumatizing for them. Their experience with discrimination in public health facilities and hospitals equips them to adhere to their own regimen of care and medication.

Elizabeth Soumya in her study she has made clear that, occasionally, transgender people experience self-embarrassment following hospital visits. Treatments are superficial. There are occasions when medical professionals write prescriptions without ever seeing their patients. The majority of the time, doctors is reluctant to take a patient's pulse. Also, medical professionals avoid associating with transgender persons out of concern for the stigma that may follow (Elizabeth,2014).

Importance of Health-education:

It is said "Health is Wealth". Health protection is very much necessary for everyone. It signifies the importance of health. Health education always dedicates to unhealthy person so that it could be better, safety and healthy life outcome. WHO constitutes that Health education is a tool to improve a population's general health and wellness promoting knowledge and healthy practices (Sharma et.al, 2011).

This article highlights that health education that consists a means of improving the health status whether it may be physical or mental of trans community. Basically, transgender people live on the margins of society which creates social exclusion from his community. So it is too much necessary for taking some important steps by Government to provide better legal protection and human rights issues. It is possible only through health education. It is needed to teach health primary care education. To remove numerous physical health disparities and negative experiences which relates to gender identity. Health education also improves the current condition of transgender health care. It includes some complex topics like sexuality education for transgender young people, gender diversity, social stigma and discrimination. Health education emphasizes for transgender people about their well-being as well as physical, mental, emotional, sexual and reproductive health.

Suggestions:

Individuals or organizations that work for them have occasionally carried out a large number of investigations and research projects. However, there are still certain things that need improvement. In practically every Indian state, there are groups and individuals that work for the same community. They can launch such campaigns, and transgender community leaders themselves must motivate and properly guide their fellow citizens with regard to health-related issues. Sex reassignment surgery and separate HIV surveillance centers are among the medical services that the government should give to transgender people. To address health difficulties for transgender people, the government should evaluate medical curricula and offer comprehensive health insurance plans.

Conclusion:

It has been found that transgender persons have experienced a range of health-related concerns. It demonstrates that they are more aware of the need to learn new health information in order to establish themselves as respectable members of society. By obtaining quality health education, which is commendable in the field of education for the transgender population worldwide. Good educational facilities should be made available to them by the government and other organizations in order to ensure that they have the necessary health knowledge.

This is an attempt to inspire and improve the quality of life for transgender individuals. The article intends to investigate the function of health education for transgender individuals with regard to health-related problems and obstacles as well as raising quality of life. Undoubtedly, additional research is also required to advance our understanding of their health, which benefits transgender persons generally.

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